EFFECT OF LIFE SKILLS BASED HEALTH EDUCATION ON ADOLESCENT STUDENTS' AWARENESS OF AND ATTITUDE TOWARDS SUBSTANCE USE

by

DIVYA S. PRASAD

Department of Humanities and Social Sciences

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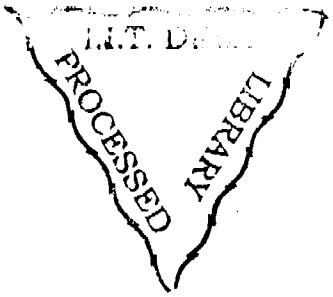

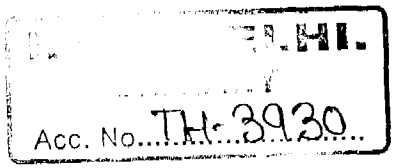

CERTIFICATE

This is to certify that the thesis titled "Effect of Life Skills based Health Education on Adolescent Students' Awareness of and Attitude towards Substance Use" being submitted by Ms. Divya S. Prasad to the Indian Institute of Technology, Delhi for the award of the degree of Doctor of Philosophy, is a record of bonafide research work carried out by her.

Divya S. Prasad has worked under our guidance and supervision and has fulfilled the requirements for the submission of this thesis, which to our knowledge has reached the requisite standard.

The results contained in this thesis have not been submitted in part or in full, to any other University or Institute for the award of any degree or diploma.

Dr. Amulya Khurana
Professor of Psychology
Department of Humanities &
Social Sciences
Indian Institute of Technology, Delhi
Hauz Khas
New Delhi-110016

Dr. Jitendra Nagpal
Consultant Psychiatrist,
Vidya Sagar Institute of Mental
Health & Neurosciences
Nehru Nagar
New Delhi-110065

Date: 28th August 2009

Place: New Delhi

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Divya S. Prasad

ABSTRACT

Many adolescents experiment with various substances (alcohol, tobacco and other drugs) which can cause serious health, personal and social problems. The aim of the present study was to find out the effect of Life Skills based Health Education (LSBHE) on adolescent students' awareness of, and attitude towards substance use. Based on the review of literature eight hypotheses were formulated and tested.

A purposive sample of 583 school going adolescent students was selected and data on four tools were collected using pretest-posttest control group design. A module for LSBHE was designed for intervention. Both descriptive and inferential statistics were employed for data analysis.

Results showed that girls differed significantly from boys and they had more accurate knowledge about various substances as compared to boys. The difference in the awareness level of government and private school students, as well as substance users and non-users, was not significant.

Girls had significantly more unfavourable attitude towards substance use as compared to boys. Private school students did not differ significantly from the students of government schools in their attitude towards substance use. Substance users had a significantly more favourable attitude towards substance use than non-users. There was a significant negative correlation between awareness of substances and attitude towards substance use.

After LSBHE intervention, there was a significant improvement in the awareness of various substances across gender, type of school and substance use status.

Overall, there was no significant effect on attitude towards substance use, post intervention. Change in attitude was significant only for one subscale; 'Social sanction for substance use'. Students reported improvement in life skills after LSBHE intervention.

The results have been discussed in the light of other relevant studies and conclusions were drawn accordingly. Limitations of the study have been pointed out and suggestions for future research have been made.

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